

# What's Happening in Hawai'i?

Ua ola loko i ke aloha.  
*Love gives life within.*

Love is imperative to one's mental and physical welfare. ('Ōlelo No'eau, #2836)



## Signs of bullying

- Headaches
- Depression
- Loss of friends
- School absenteeism
- Academic problems

**Reasons why students might not report bullying to adults**

- Negative messages about tattling and snitching
- Gender stereotypes
- Concern about retaliation
- Lack of confidence in adults' actions

## HIGH SCHOOL

**2 of 5** students say bullying is a problem at school



students DO NOT have a teacher or adult at school they can talk to when they have a problem

## MIDDLE SCHOOL

**HALF** of students say bullying is a problem at school



Source: Hawai'i Youth Risk Behavior Survey 2017

## Spectrum of bullying



## What is Bullying?

Any unwanted written, verbal, graphic, or physical act by an individual or group toward another person(s) that causes harm or distress.

## 3 Parts to Bullying

- Power imbalance
- Intent to do harm
- Is REPEATED over time

Or happens JUST ONCE and is likely to be repeated.

# LET'S TALK ABOUT BULLYING

## FORMS OF BULLYING

- Physical**
- Verbal**
- Social**
- Emotional**
- Cyber**

# WHAT CAN I DO AND WHERE CAN I FIND OUT MORE?

## What you can do

### PREVENT

- Be a role model for positive communication, healthy relationships, and self-care.
- Reinforce acts of kindness, respect, and inclusion.
- Set policies and rules about bullying.

### RECOGNIZE

- Know the definition of bullying and its many forms.
- Talk with and actively listen to the youth who confide in you.
- Watch for warning signs of bullying.

### INTERVENE

#### If a student reports being bullied

- Be supportive and gather information about the bullying.
- Assure the student that bullying is not their fault.
- Consider connecting the student to mental health services to talk about the experience.
- Ask the student being bullied what can be done to make them feel safe.
- Commit to making the bullying stop and consistently support the bullied student.

#### If you witness bullying behavior

- Respond quickly and consistently to send the message that it is not acceptable.
- Separate the students involved.
- Meet any immediate medical or mental health needs.
- Stay calm and model respectful behavior.

## Bullying Resources

### Common Sense Media

[commonsensemedia.org/cyberbullying](https://commonsensemedia.org/cyberbullying)

### Cyberbullying Research Center

[cyberbullying.org](https://cyberbullying.org)

### Growing Pono Schools

[growingponoschools.com](https://growingponoschools.com)

### Hawai'i Bullying Prevention Toolkit

[bullypreventiontoolkit.weebly.com](https://bullypreventiontoolkit.weebly.com)

### Hawai'i Sexual & Gender Minority Health Report

[health.hawaii.gov/surveillance](https://health.hawaii.gov/surveillance)

## TEACHERS

### Hawai'i State Department of Education (HIDOE)

[hawaiipublicschools.org](https://hawaiipublicschools.org)  Anti-Bullying Work

### Mental Health America of Hawai'i

[mentalhealthhawaii.org/youth-suicide-bullying-prevention](https://mentalhealthhawaii.org/youth-suicide-bullying-prevention)

### Stop Bullying

[stopbullying.gov/respond/support-kids-involved/index.html](https://stopbullying.gov/respond/support-kids-involved/index.html)

## STUDENTS

### Speak Now HIDOE Anti-Bullying Reporting App

Report bullying incidents on campus – digitally and anonymously. Speak Now HIDOE can be downloaded from the App Store or Google Play.



**STOP,  
WALK,  
& TALK**

**Tell the bully to stop,  
walk away, and  
talk to a trusted adult.**



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